

Fruits & Vegetables

To Help Manage Your Weight

September is "Fruits and Veggies—More Matters" month. The monthly observance is to encourage and inspire consumers to eat more fruits and vegetables to improve nutrition and achieve and maintain a healthy weight.

The Facts

Fruits and vegetables are part of a well-balanced and healthy eating plan. There are many different ways to lose or maintain a healthy weight. Using more fruits and vegetables along with whole grains, lean meats, nuts, and beans is a safe and healthy one. Helping control your weight is not the only benefit of eating more fruits and vegetables. Diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases. Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health. To lose weight, you must eat fewer calories than your body uses. This does not necessarily mean that you have to eat less food. You can create lower-calorie versions of some of your favorite dishes by substituting low-calorie fruits and vegetables in place of higher-calorie ingredients. The water and fiber in fruits and vegetables will add volume to your dishes, so you can eat the same amount of food with fewer calories. Most fruits and vegetables are naturally low in fat and calories and are filling. As people become less active, their bodies need fewer calories. Even if you do not need to lose weight, you may still need to reduce calories simply to maintain your current weight. Here are some simple ways to cut calories and eat fruits and vegetables throughout your day:



Breakfast: Start the Day Right

- Substitute some spinach, onions, or mushrooms for one of the eggs or half of the cheese in your morning omelet. The vegetables will add volume and flavor to the dish with fewer calories than the egg or cheese.
- Cut back on the amount of cereal in your bowl to make room for some cut-up bananas, peaches, or strawberries. You can still eat a full bowl, but with fewer calories.

Lighten Up Your Lunch



- Substitute vegetables such as lettuce, tomatoes, cucumbers, or onions for 2 ounces of the cheese and 2 ounces of the meat in your sandwich, wrap, or burrito. The new version will fill you up with fewer calories than the original.
- Add a cup of chopped vegetables, such as broccoli, carrots, beans, or red peppers, in place of 2 ounces of the meat or 1 cup of noodles in your favorite broth-based soup. The vegetables will help fill you up, so you will not miss those extra calories.

Dinner

- Add in 1 cup of chopped vegetables such as broccoli, tomatoes, squash, onions, or peppers, while removing 1 cup of the rice or pasta in your favorite dish.

The dish with the vegetables will be just as satisfying but have fewer calories than the same amount of the original version.

- Take a good look at your dinner plate. Vegetables, fruit, and whole grains should take up the largest portion of your plate. If they do not, replace some of the meat, cheese, white pasta, or rice with legumes, steamed broccoli, asparagus, greens, or another favorite vegetable. This will reduce the total calories in your meal without reducing the amount of food you eat. BUT remember to use a normal- or small-size plate—not a platter. The total number of calories that you eat counts, even if a good proportion of them come from fruits and vegetables.

Smart Snacks

Most healthy eating plans allow for one or two small snacks a day. Choosing most fruits and vegetables will allow you to eat a snack with only 100 calories.

About 100 Calories or Less

- a medium-size apple (72 calories)
- a medium-size banana (105 calories)
- 1 cup steamed green beans (44 calories)
- 1 cup blueberries (83 calories)
- 1 cup grapes (100 calories)
- 1 cup carrots (45 calories) or broccoli (30 calories) with 2 tbsp. hummus (46 calories)

The fruits and vegetables in the box above all have about 100 or fewer calories.

Instead of a high-calorie snack from a vending machine, bring some cut-up vegetables or fruit from home. One snack-sized bag of corn chips (1 ounce) has the same number of calories as a small apple, 1 cup of whole strawberries, AND 1 cup of carrots with 1/4 cup of low-calorie dip. Substitute one or two of these options for the chips, and you will have a satisfying snack with fewer calories.

Remember: Substitution is the key

It's true that fruits and vegetables are lower in calories than many other foods, but they do contain some calories. If you start eating fruits and vegetables in addition to what you usually eat, you are adding calories and may gain weight. The key is substitution.



Source: Center of Disease Control & Prevention,
www.fruitsandveggiesmatter.gov



Benefit Options

Wellness

Be Well Stay Well.

—FREE HEALTH SCREENING—
OSTEOPOROSIS & LAB TESTS

- **Complete Lipid Profile & Glucose (fasting 8 hours—water is OK)**
- Total cholesterol • HDL • LDL • VLDL
- Coronary Risk Ratio • Triglycerides
- Glucose • Fructosamine (2-4 week glucose test)

NOTE on fasting: A Cholesterol and HDL test is available for persons who have already eaten on the day of the screening.

- **Blood Pressure**
- **Height, Weight & Body Mass Index (BMI)**
- **Body Fat Measurement**
Computerized infrared measure at dominant bicep site

- **Personal Results and Lab Profile mailed within 10 days to your address**

PSA CANCER SCREEN...\$5 (COPAY)
Non fasting PSA blood test recommended for men aged 40 and older.

**OSTEOPOROSIS/
BONE DENSITY SCREENING**

Osteoporosis screening using an advanced ultrasonometer on the heel (no x-rays or radiation). Free to women age 40 and older or postmenopausal women under age 40. (\$30 cost for others)

**ALL BENEFIT ELIGIBLE STATE EMPLOYEES QUALIFY
INFORMATION CONTACT:
602-771-WELL (9355)**

**Find a screening near you...
through September 26th**

Benefit Options Wellness is offering FREE screenings to all benefits eligible employees and members to prepare for the Mayo Clinic Health Assessment August 11 through January 30. The schedule above is not a complete list of screening locations, and will be expanded. Please visit the Wellness website at benefitoptions.az.gov/wellness for program updates and a complete listing of screening events. **NO REGISTRATION IS REQUIRED FOR THESE SCREENINGS.**

Date	Time	Day	Agency	City	Address
2-Sep	7:30-11:30am	Tues	DEQ	Phoenix	1110 W. Washington
3-Sep	8-10am	Wed	DES	Tucson	5441 E 22nd St Ste 101
4-Sep	8-10am	Thurs	DOR	Chandler	3191 N. Washington
5-Sep	7-10am	Fri	VA	Phoenix	4141 N. 3rd St Phoenix
8-Sep	6-8am	Mon	DOC	Douglas	6911 N. BDI Blvd
8-Sep	9:30-11am	Mon	AHCCCS	Sierra Vista	484 E. Wilcox
9-Sep	7-10am	Tues	DES	Phoenix	3443 N Central Ave
10-Sep	11:30am-1:30pm	Wed	DOC	Eyman	4374 E. Butte
11-Sep	7-10am	Thurs	DOA	Phoenix	100 N. 15th Ave Lobby
12-Sep	8-10am	Fri	DES	Nogales	1843 N State Dr
12-Sep	7-9am	Fri	PSPRS	Phoenix	3010 E Camelback Ste 200
15-Sep	7-10am	Mon	DHS	Phoenix	1740 W Adams
15-Sep	8-10am	Mon	DES	Casa Grande	401 W Marshall
17-Sep	8-9:30am	Wed	AHCCCS	Flagstaff	3480 E Rte 66
18-Sep	8-10am	Fri	DOT	Safford	2082 US Hwy 70
19-Sep	7-9am	Sat	Multiple	Tucson	400 W. Congress
22-Sep	8-10am	Tues	DES	Gilbert	2288 W. Guadalupe Rd.
22-Sep	8-10am	Mon	DOT	Kingman	3660 E. Andy Devine
23-Sep	8-10am	Tues	DPS	Heber	US 260 5mi. W of Heber.
24-Sep	9:30-11am	Wed	DES	St. Johns	395 S. Washington
25-Sep	10-11:30am	Thurs	DES/AHCCCS	Show Low	2500 E Cooley
26-Sep	7-10am	Fri	DHS	Phoenix	2500 E Van Buren

Annual Flu Shots

October 1 - December 31st



With flu season quickly approaching, Benefit Options Wellness is once again offering FREE influenza vaccinations to all State of Arizona employees and Benefit Options

Members (retirees, spouses, and dependents over 9 years of age). The Center for Disease Control is not anticipating a flu vaccine shortage this season. Therefore, all eligible individuals can receive FREE flu immunization beginning October 1st.

All eligible individuals may receive a flu shot from Healthwaves' public clinics, State worksite events, a large centralized event, or a family day clinic. Individuals wishing to receive a flu vaccine should bring the Employee Identification Number (EIN) of the primary insured, Benefit Options insurance card, and a photo ID. Healthwaves' public flu clinic sites and schedules will be posted on their website at www.healthwaves.com. Specific dates and times for work site events will be available on the Benefit Options Wellness website www.benefitoptions.az.gov/wellness at the end of September. Please review the websites frequently as schedules are subject to change.

For other flu vaccine questions, call the Benefit Options Wellness line at 602-771-9355 to speak with a member of the Wellness team.

Expect a flu vaccine reminder in the mail late September!



Benefit Options
Choice. Value. Health.

Healthy Arizona Smart Choice Program Pilot:



The DES Cafeteria at 1789 W. Jefferson is implementing the Healthy Arizona Smart Choice Program Pilot as part of a collaborative effort between DES, DHS, and DOA to promote healthy eating away from home. Research has well established that nutrition plays an important role in both immediate and long term health status. Many State employees utilize agency cafeterias and vending for meals, snacks, or drinks during work hours and the pilot project team has developed strategies to promote better eating choices and improve the health of our employees.

The pilot will be September 8th through December 12th and will feature healthy menu options and Smart Choice food labeling. The DES cafeteria already offers a number of health conscious items including: a salad bar with low fat dressings, a daily health plate, grilled vegetables containing no added fat or sodium, and more. Based on the expressed interest of customers, the cafeteria will label these and other menu items to indicate "Smart" calorie, fat, and sodium choices. The additional marketing will help customers identify healthy food choices.

The pilot will be September 8th through December 12th and will feature healthy menu options and Smart Choice food labeling. The DES cafeteria already offers a number of health conscious items including: a salad bar with low fat dressings, a daily health plate, grilled vegetables containing no added fat or sodium, and more. Based on the expressed interest of customers, the cafeteria will label these and other menu items to indicate "Smart" calorie, fat, and sodium choices. The additional marketing will help customers identify healthy food choices.

Kick Off Event
September 11, 2008
10am-2pm

Join us for giveaways, drawings, nutrition products, and a special menu.



Wellness Contracts Status Report

SCREENING SERVICES STATUS:

Screening contracts were awarded on June 17th. Wellness is currently taking requests for screenings at State worksites

EDUCATIONAL CLASSES STATUS:

Wellness is currently working to re-implement the following services by September 30th:

- Chair Massage
- Weight Management Series
- Educational courses

Thank you for your patience during the contracting period



"Early detection is the best defense we have at this time for catching breast cancer in its earliest stages," says Catherine Midgette, Executive Vice President of MOM. "If we find the cancer in its earliest stages, the patient has a 97 percent survival rate." Mobile On-Site Mammography (MOM) travels to perform mammography screenings at worksites across Arizona.

MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. (Other insurance plan members may have a copay. Check with your insurance's member services department for more information.)

Call MOM at 480-967-3767 to schedule your appointment.

This service is generally provided on a request-basis. Call MOM at 480-967-3767 or 1-800-285-0272 to schedule this service at your worksite. There is a minimum of 25 people required. The MOM van will be parked outside the following locations:

**Sept 15 — Phoenix, DOR
1600 W. Monroe
7:30am-5pm**

**Sept 22 — Phoenix, DHS
150 N. 18th Ave
8am-5pm**

**Sept 23 — Phoenix, DES
515 N. 51st Ave
8am-5pm**

Skin Cancer Screenings



A nurse practitioner or physician's assistant with Banner Occupational Health will perform a FREE assessment to check for suspicious lesions and will provide skin cancer prevention education. The screening takes about 10 minutes, and participants will not disrobe. APPOINTMENTS REQUIRED. Call Wellness at 602-771-9355 for site contact information.

**September 9 — AHCCCS, Phoenix
701 E. Jefferson
8am-2:30pm**

**September 16 — Game & Fish, Phoenix
5000 W. Carefree Hwy
8am-2:30pm**

What Services & Programs are Offered by Benefit Options Wellness?

The Wellness website has the complete list of screenings, classes and other programs available to be requested and scheduled at State worksites.

Wellness events are requested and coordinated by State employees at worksites. Most programs are available throughout Arizona. If you are interested in hosting a program at your worksite, visit the Wellness website to view what is available and learn:



How To Request and Schedule Worksite Events

Event requests must be submitted online. Complete the brief form, including contact information and the event requested and hit "submit!" A Wellness team member will reply to your request.

Created and published by ADOA, Benefit Options Wellness Program
100 N 15th Ave, Suite 103 Phoenix, AZ 85007



www.benefitoptions.az.gov/wellness

email: wellness@azdoa.gov, phone 602-771-9355

Persons with a disability may request accommodations by contacting the ADOA Benefits Office. If you need this issue in